

# Blue Knights Boys' Clubs™

## In a Nutshell

The Blue Knights Boys' Club, developed by Dan McGuire, is a program aimed at teaching the truths of the Catholic faith to boys ages five and up through Scripture, saints' biographies, games, and the Catechism of the Catholic Church. Based on the popular Little Flowers Girls' Club, this program maps out four years, comprised of nine virtues or catechetical lessons each, designed to guide boys as they dare the heights of a holy, faith-filled life of virtue.

The model of the Blue Knights program is St. Joseph, patron of the universal church. Using the concept of knighthood, the boys learn to emulate the virtues of St. Joseph and defend the Church as he defended the Holy Family. As they boys learn the precepts of their faith, they are aided by the examples of specific saints, the aid and encouragement of their leader, hands-on activities, challenges, and faith-based friendships – all in a fun and wholesome environment! As the years progress, the formation becomes more focused and challenging as the boys grow in wisdom and stature.

## Outline of the Program

The program contains four years of material covering four areas of concentration: Virtue, the Catechism, the Saints, and the Sacraments. Each year of study contains nine catechetical lessons. Each of these lessons, designed to cover a month of the school calendar, has a specific saint and Scriptural Memory Verse (e.g. The Shield of Faith, St. Peter, and Hebrews 11:1). The years are identified by a specific color. Year One is blue; Year Two, green; Year Three, red; and Year Four, gold. A Blue Knights group can choose to complete all four years of study or just one or two!

### ♦ Year I ♦

*Faith*  
*Hope*  
*Love of God*  
*Fear of God*  
*Respect for Authority*  
*Justice*  
*Self-Control*  
*Work*  
*Humility*

### ♦ Year II ♦

*Christ*  
*God the Father*  
*The Holy Spirit*  
*Heaven*  
*Hell*  
*Angels*  
*Demons*  
*Grace*  
*Mary and Joseph*

### ♦ Year III ♦

*St. Peter*  
*St. Paul*  
*The Four Evangelists*  
*Cyril and Methodius*  
*St. Patrick*  
*Francis Xavier*  
*Peter Claver*  
*Crusaders*  
*The Pope*

### ♦ Year IV ♦

*The Mass*  
*Baptism*  
*Reconciliation*  
*The Eucharist*  
*Confirmation*  
*Holy Orders*  
*Matrimony*  
*Anointing of the Sick*  
*Scripture*



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## Blue Knights Badges

As each lesson is completed, the Blue Knights boys are awarded badges to show their progress in learning the precepts of the faith. When sewn together onto the Crusader Breastplate, these patches form a steadfast shield, displaying the boy's growth in virtue and knowledge! Each badge is colored according to the year of study and has a corresponding Crusader cape. See our catalog for more information!



## Club Spirit



*"We are starting up a Blue Knights group again after a successful session last spring. I can't say enough about how much the fathers and sons enjoy the faith-filled, spirited, fun and educational evenings! Thank you for all the work you do to put these wonderful programs together!"*

*— Ted B.*

*"I started a Blue Knights group this year in New Braunfels, Texas. It has been a blessing for all the boys involved — many thanks to Mr. McGuire and all others instrumental in developing this program!"*

*— Larry L.*

*Open our catalog to see more exciting Blue Knights Boys' Club products and tools!*



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## II. ✂ ✂ ✂ THE HELMET OF HOPE ✂ ✂ ✂

Saint: St. Ambrose

Feast: December 7



Memory Verse: Psalm 71:5

*"For thou, O Lord, art my hope, my trust, O Lord, from my youth."*

CCC # 27, 149, 212, 1042-1050, 1813, 1817-21, 2086 (1st cmdt), 2090, 2091, 2657

- \_\_\_\_\_ 1. Memorize the Scripture verse.
- \_\_\_\_\_ 2. Read about St Ambrose. Write a short description of why he was chosen for this virtue. Younger children could share this with their parents verbally.
- \_\_\_\_\_ 3. Memorize the prayer - "An Act of Hope". Make a resolution to begin each day with this prayer to God.
- \_\_\_\_\_ 4. Talk to a senior citizen (Perhaps a neighbor or grandparent) about how hope has played a part in his life.
- \_\_\_\_\_ 5. Define patience. Talk with your parents about how hope and patience are tied so closely together.
- \_\_\_\_\_ 6. Christmas is a time of hope. The Israelites hoped for a Messiah for almost 4000 years when Jesus was born. How does your family remember this hope during Advent and the Christmas season. Write down three of these traditions.
- \_\_\_\_\_ 7. Not all earthly hopes are met. Write down or share with your parents a time when you were disappointed. Can you think of this time with Mary's help? How was she hopeful, even at the foot of the cross?
- \_\_\_\_\_ 8. A helmet protects our head from deadly blows; hope protects our faith from deadly sin. Read about St. Nicholas and how gave people hope. Write or share this information with someone who may need encouragement in the faith.
- \_\_\_\_\_ 9. What other season in the Church year is full of hope? Why was this time especially hard to be hopeful? Read Chapter 20 of the Gospel of John for some help.
- \_\_\_\_\_ 10. Many families say novenas as they are hopeful in prayer. Find out the history of the novena. Write or tell about two novenas that are favorites in the Church or with your family.

\_\_\_\_\_  
Date of Completion

\_\_\_\_\_  
Signature of Parent or Adult Supervisor

**SAINT AMBROSE**  
*Bishop and Confessor, c.340-397*

St. Ambrose was born around 340 AD and was the son of a Roman politician. He became a well-known speaker, lawyer and writer of his time. He, like his father, was the administrator of a Roman region. During his time, people often fought about the definition of what Jesus was. Those who believed Jesus was not fully human and fully God were called Arians. Sometimes the Arians and the Christians had great fights to see who was right. Ambrose was called in to settle some of the disputes and in turn, became bishop of the region. He convinced so many people of the Christian way that there were no Arians left in his whole region.

Ambrose was also known for defending the celibacy of the priesthood, the defense of the sacraments of the Church and the duties of all the ministers of the Church. He converted many people to Christianity by his words, including St. Augustine, whose immoral lifestyle was changed by Ambrose's words to become one of the greatest saints of the Church.

Ambrose also wrote hymns and practices many of the virtues so well that his life, as well as his words, converted people to Christianity. He was well loved by the people. During his last illness, the people told Ambrose to pray for a longer life. Instead, he said that he was not afraid to die, because he thought that God was a good Master. He died in 397 AD at about 58 years of age.

**SAINT NICHOLAS OF MYRA**  
*Bishop and Confessor, c-345*

St. Nicholas was the bishop of Myra in present day Turkey. He was arrested for being a Christian and imprisoned for many years. He was finally released during the reign of the Emperor Constantine. Many legends about Nicholas' generosity have been passed down through the years and have become the basis for our own Santa Claus.

One of the legends tells of a father with three young girls. He had no money to care for them so he was going to sell them into slavery. Nicholas heard of this and threw three bags of gold through the window of the father's house so that he could care for his daughters.

Although probably not a white-bearded jolly old elf from the north pole, St. Nicholas' generosity does mirror that of God's in giving his only Son to us on that Christmas morning so long ago.

**Medal Pin Award: Earn your Hope Medal Pin by completing a novena for vocations OR pray a Holy Hour once a week for three weeks for vocations.**

**Medal Pin Completed:** \_\_\_\_\_ **Date:** \_\_\_\_\_



St. Ambrose



St. Nicholas

## V....THE SWORD OF RESPECT FOR AUTHORITY...

Saint: St. Boniface

Feast: June 5

Memory Verse: Romans 13: 1

*"For there is no authority except from God, and those that exist have been instituted by God."*

CCC - 177, 209, 858, 876, 1089, 1561, 1897-1904, 2197, 2199, 2201-3, 2215, 2216, 2238, 2716, 2820

- \_\_\_\_\_ 1. Memorize the Scripture verse.
- \_\_\_\_\_ 2. Read about St. Boniface. Write a short description of this saint and why he was chosen. Younger children could share this with their parents verbally.
- \_\_\_\_\_ 3. Read the Nicene Creed. What does it say about the authority of the Church?
- \_\_\_\_\_ 4. Make a list of five ways your family shows respect for the Church (Saints, Sacraments, Clergy members).
- \_\_\_\_\_ 5. Describe orally or in writing a person you respect.
- \_\_\_\_\_ 6. Find out about St. Thomas Moore. Did he show respect for God and the King? Share what you learn with someone else.
- \_\_\_\_\_ 7. Read about the centurion in Luke 7:1-11. Did he show respect for Jesus?
- \_\_\_\_\_ 8. Ask your parents to explain how their authority comes from God.
- \_\_\_\_\_ 9. Talk to a priest about how he shows respect for the bishop.
- \_\_\_\_\_ 10. Think about how Jesus showed respect for the Father by dying for our sins. Be thankful. Make a resolution that you will show respect for Jesus by respecting the authority of your parents and local priest.

\_\_\_\_\_  
Date of Completion

\_\_\_\_\_  
Signature of Parent or Adult Supervisor

**SAINT BONIFACE**  
*Bishop and Martyr, c.680-754*

St. Boniface was born in England about 680 AD and named Winfrid. He grew up always wanting to devote his life to the Church and the spread of the Gospel. He became a great scholar and teacher of Latin. Still, he longed to do missionary work and soon set sail across the sea to evangelize present-day Netherlands and Germany.

His work was so successful in converting the pagans in Germany, the Pope named him “Boniface” which means “he who does good.” One story says that Boniface cut down a sacred pagan tree with an ax and built a church out of it in Germany. He also organized all the churches into diocese so that they could support each other in the faith. He also helped build up the Church in Gaul, what is now called France.

Boniface went back to the Netherlands to convert the people there who had fallen back into paganism. He was attacked by a band of pagans and killed. His body was taken to Germany along with the book Boniface was reading when he was attacked. The book was hacked with sword cuts and soaked with the martyr’s blood. Boniface is the patron saint of England.

**SAINT THOMAS MORE**  
*Martyr, c.1478-1535*

St. Thomas More was a lawyer in the court of Henry VIII of England. He was a devout Catholic who had four children before his wife died. He then married a woman named Alice who took care of him and his children. More was a well-schooled man who taught his children, even the girls, all their subjects including religion, Latin and philosophy. He was well-respected in Europe as a man of great intelligence and wit. His book, “Utopia” was widely read by the important men of the day.

Thomas was a good friend of Henry VIII and became his Chancellor, a chief administrator, after the death of Cardinal Wolsey. Henry VIII had no son by his queen and wanted to divorce her so he could marry someone who would give him a son. He asked the pope for a divorce, but the pope refused. Henry then broke all ties with the Holy Father and the Roman Catholic Church and set up his own church, the Church of England. He seized all the monasteries in England and much church property. He also demanded the people take an oath that said that Henry, not the pope, was the head of the church in England. Thomas, a good Catholic, could not do so, so he resigned his office and was arrested. He still refused to take the oath. He was beheaded in 1535 along with St. John Fisher and others who stood up for the Catholic Church in England.

**Medal Pin Award: Earn your Respect for Authority Pin by getting a copy of “A Man for All Seasons,” the story of St. Thomas More, and acting out a scene from it for your Blue Knights Boys’ Club or other group.**

**Medal Pin Completed:** \_\_\_\_\_ **Date:** \_\_\_\_\_



St. Boniface




St. Thomas More



## Baseball Cap Helmet \* \*

*He put on righteousness like a breastplate, and a helmet of salvation on his head.*

*--Isa 59:17*

Thanks go  my husband, Rob, for this one. Find baseball caps at the thrift store or have boys bring one they don't mind having cut up.

**Preparation Time:** 5-10 minutes

**Craft Time:** 15-30 minutes, depending on how much you decorate

**Materials:** Per boy: baseball cap, sans bill

About 6' aluminum foil

6" x 11" piece of thin cardboard or poster board

Items for decorating—cut out shapes, religious pictures from catalogues or magazines, stickers, glitter, etc.

Construction paper

Hot glue

Duct tape

Glue

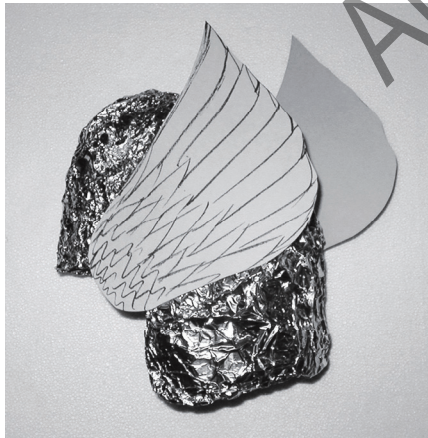
**Tools:** Hot glue gun

Scissors

Stapler

**Preparation:** Cut the bills off the caps.

**Craft:** Roll the cardboard up so that it curves slightly. Unroll and staple the long side, centered, to the back of the baseball cap, so that it forms a neck guard about 5" long. Cut long pieces of foil to cover the neck guard and up the back and sides of the baseball cap. Don't worry if you can't get all around the front edge—the final piece covers it. Do be careful, however, that the cap does not fold up as you're covering it, or your helmet will be misshaped. Use hot glue to hold the foil in place on the cap and duct tape to tape it in the back. (The foil is sharp and pointy when creased; duct tape keeps it from scraping the boy's skin.)



Cut about a 3' piece of foil. Tape the short edge, centered, to the inside of the front of the cap, then fold it over the front, top and back of the helmet, covering gaps. Hot glue edges and duct tape where it comes to the interior of the cap.

Decorate the cap with religious symbols **OR** have the boys cut out shapes from construction paper to make crests, ear guards, or other embellishments. Glue or hot glue these in place.